

# Safety...Off The Job

## Keep Medications Out Of Reach

Medicine has always been one of our greatest allies in the war against illness; however, medication can also turn into a deadly enemy if taken improperly. This danger is escalated when it comes to a child.

Although parents will child proof their homes by keeping all medications out of reach, people without children do not consider the consequences of little hands grabbing “the pretty pink candy” in the medicine bottle left within easy reach.

Little ones can be poisoned after finding the vials left in purses or on bedside tables. In fact, studies have shown about one fourth of the oral prescription drugs ingested by children under the age of five belonged to someone who did not live with the child. Nearly one fifth of the drugs ingested belonged to a grandparent or great-grandparent.

It is imperative all adults use the same care as parents of small children when storing medications and other potentially poisonous products. Keep them out of the reach of children.

### **Here are several tips to consider to keep children away from medicines:**

- Use child-proof caps properly. Make sure these caps are snapped on to the bottles correctly. Since the development of child-proof caps the number of child deaths from common over-the-counter drugs has decreased significantly.
- Develop your own safe habits at home. Never take any sort of pills or medicine in front of children and never refer to medicine as candy. When there are alternatives, do not buy tablets that look like candy.
- Store all your medicines in a locked cabinet your children cannot reach or open. If you have any old or unused pills or medicine, dispose of them immediately by flushing them down the toilet.
- Make sure all potential poisons such as detergents, cleaners, shampoos and after shaves are stored in high areas where children cannot reach them. When you are using such products, never let them out of your sight. It only takes a

second for a toddler to pick up a bottle of liquid cleaner to try to drink it.

- If you suspect a child has ingested a potentially poisonous product, remain calm. Call the Poison Control Centre or your local hospital immediately. Bring the container and/or label with you to the phone and be prepared to answer questions about the product, the amount ingested, the time the incident took place, as well as any additional symptoms or circumstances surrounding the incident.

Be ready to answer questions about the child’s personal history including name, age and weight.

- Always keep a bottle of Syrup of Ipecac on hand. This syrup induces vomiting. But use it only on the advice of the Poison Control Centre as vomiting is the treatment for only certain types of poisons.

*Medicine can be life-saving but it can be fatal if taken by the wrong person. Keep medicine out of reach of your children and grandchildren.*

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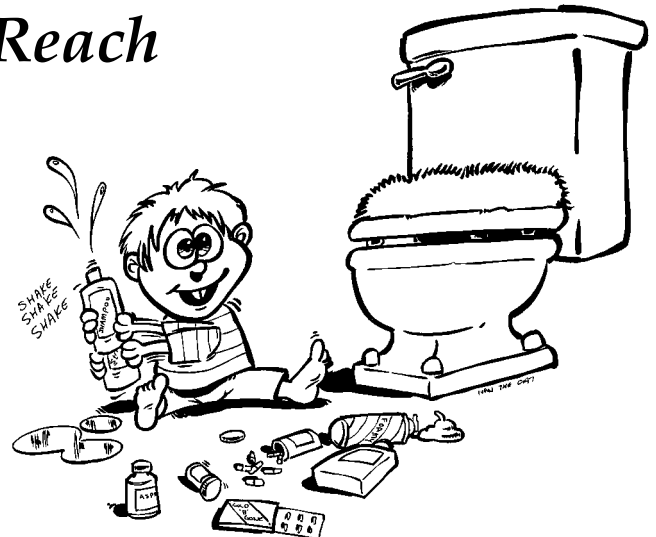
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